

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

HOMEMAKERS' CHAT

WEDNESDAY, November 29, 1939

(FOR BROADCAST USE ONLY)

Subject: "TIPS FOR FOOD SHOPPERS." Information from the Bureau of Agricultural Economics, U.S.D.A. and the Consumers' Counsel, A.A.A.

--oo00oo--

Once again here is news for the lady who plans and buys the food for her family. Once again here are tips on supplies and prices to help you make the most of foods when they are best in quality and most reasonable in price. As usual these tips come direct from the U. S. Department of Agriculture.

The news today starts on a very cheerful note. This country has more food on hand than it had a year ago. The 3 foods now making headlines are: turkeys, nuts and cranberries. The turkey crop this year is the largest on record. As for this year's nuts, almonds and walnuts have come close to making a record. Only once before have the crops of almonds and walnuts been as large as this fall. Lots of cranberries this season, too. The cranberry crop is the fourth largest on record.

Beside these headliners--turkeys, nuts and cranberries, supplies of many other foods are larger this year than last. More fresh pork is coming on the market, more lard, more better-grade beef and better-grade lamb, more poultry, more apples and Florida oranges, more onions and celery, and more eggs. Those are the foods to keep in mind if you are planning economical meals. About the same quantity of potatoes, sweetpotatoes, and canned and dried fruit will be on the market this winter as last. A few foods are not so plentiful this year as a year ago. This winter the stores won't have so many California oranges for sale, or tangerines or grapefruit as they had last year; and they won't have so much butter, lower-grade beef, canned vegetables and cabbage.

From now on through the holidays you'll have no trouble finding turkeys on the market. Nearly 6 million more turkeys are going to market this year than last. What's more, the turkeys this year weigh more than they did last year, so the extra poundage in turkey meat is even larger than that increase of 6 million indicates.

If you want to choose your turkey by Government grade, here are some tips to help you. Just remember you have 3 grades to choose from. The first is Grade A or U. S. Prime. The second is Grade B or U. S. Choise. The third is Grade C or U. S. Commercial. Grade C is the one usually found on the market. Difference in grade depends on how plump the turkey is, how much flesh covered the breast, thighs and back, and how carefully the turkey was killed and dressed. Any turkey so badly bruised that part of the meat is not fit for eating will not receive any Government grade. Neither will a turkey that is very thin and emaciated. Usually the Government grade is on the shipping box which contains several turkeys so if you want to buy by grade, you have to ask your dealer to let you see the box. But sometimes each turkey gets a tag giving its grade, so you can read the tag before you buy.

Government grades, tags, or stamps also give you the age of the turkey. Turkeys tagged as "young" are less than a year old. These turkeys have soft meat and a flexible breast bone. They take less time to cook than "old" turkeys. By the way, male or tom turkeys run to heavier weights than female or hen turkeys. When you are deciding what size turkey to buy, remember that the meat on a turkey is about two-thirds of the dressed weight. Or allow three-fourths to a pound of the dressed weight for each person you wish to serve.

By the way, if you want the directions for cooking turkey, chicken, duck or other poultry, you are welcome to a little leaflet published by the U. S. Department of Agriculture, Washington, D. C. Just send a postcard asking for "Poultry Cooking."

Now a little news about cranberries. Nearly one and a half times as many cranberries are on the market this year as last. Last year the cranberry crop had

its troubles with the weather. So last year the crop came to only 475 thousand barrels. This year the crop has jumped to about 670 thousand barrels. (Each barrel of cranberries weighs 100 pounds.) Whenever the cranberry crop is large, a good deal of the fruit goes to the cannery. So you may not notice so many more fresh berries for sale.

As for nuts--have you a good collection of recipes for using nuts in your cookbook? This is the year to use those recipes. Lots of almonds, walnuts, filberts and pecans coming on the market. In fact, about 20 percent more of these nuts will be for sale this year than last. Now is the time to indulge in nut bread, nut cake, nut candy and--but there. Instead of telling you all the good things you can make with nuts, I'll just remind you of a Department of Agriculture publication called "Nuts and Ways to Use Them." You can order this bulletin by number if you like. It is Miscellaneous Publication No. 302. Or you can order by name. Just ask for "Nuts and Ways to Use Them." As long as the supply lasts, this bulletin is free from the U. S. Department of Agriculture, Washington, D. C.

Now just a couple more tips for your market list. Not quite so many dried fruits this year as last year. Probably about a tenth less dried prunes and raisins. But that doesn't mean any shortage. Last year the supply was so large that dried fruits were on the list of surplus foods.

Not so many canned vegetables coming on the market this year as during the last 2 seasons, but still many more than we generally buy. A good deal of last year's great pack of canned vegetables has been carried over to this year. This year fewer canned peas, snap beans and corn will be on the market and not quite so many canned tomatoes.

That's all the tips for food shoppers today. More tips in a couple of weeks.

